12 State of mind

14 Journey of the borough

24 Not a smooth path

thenewhammag

issue 340 // 6 – 19 May 2016 // Every fortnight

Transformed schools

Reasons to be proud (p8)

THEATRE ROYAL STRATFORD EAST FOR NEWHAM...

TICKETS:

If you live in Newham, we do a **special evening ticket offer** for each show (normally the first performance of the run) where we offer 100 of the best available seats for only £2.50 each and when those run out, we offer an additional 100 at £5. As well as residents, we also give offers to people who work and study in Newham working with partners such as London Borough of Newham, University of East London and other local businesses.

ADVICE:

Newham First Mondays are a monthly event that happens on the first Monday of every month here at the theatre for Newham residents seeking professional advice.

Drop in one-to-one meetings are available from 5pm to 7pm with members of the senior management team who can help on matters such as developing creative ideas, writing a business plan, organising an event and much more.

SHOWCASE:

Newham Nights is a showcase for emerging artists from across Newham, with an open mic section in the Theatre Workshop Bar. The audience are entertained by musicians, singers, poets, actors, rappers, comedians and magicians. The artists are given the opportunity to perform in front of a live audience and in a supportive environment, as well as the opportunity to network with other artists and other industry professionals. We are always keen to hear from new people interested in performing.

For more info: Bestofnewham@stratfordeast.com

YOUNG PEOPLE'S OPPORTUNITIES:

We have a plethora of opportunities for young people.

Here are some of the highlights: Each week we have 6 youth companies where we provide local young people aged 13-24 with an opportunity to develop their creative and personal skills. These are:

Youth Theatre (13-17 year olds)
& Youth Theatre Plus (18-24 year olds)
Members create and perform new plays that reflect their experiences and aspirations.

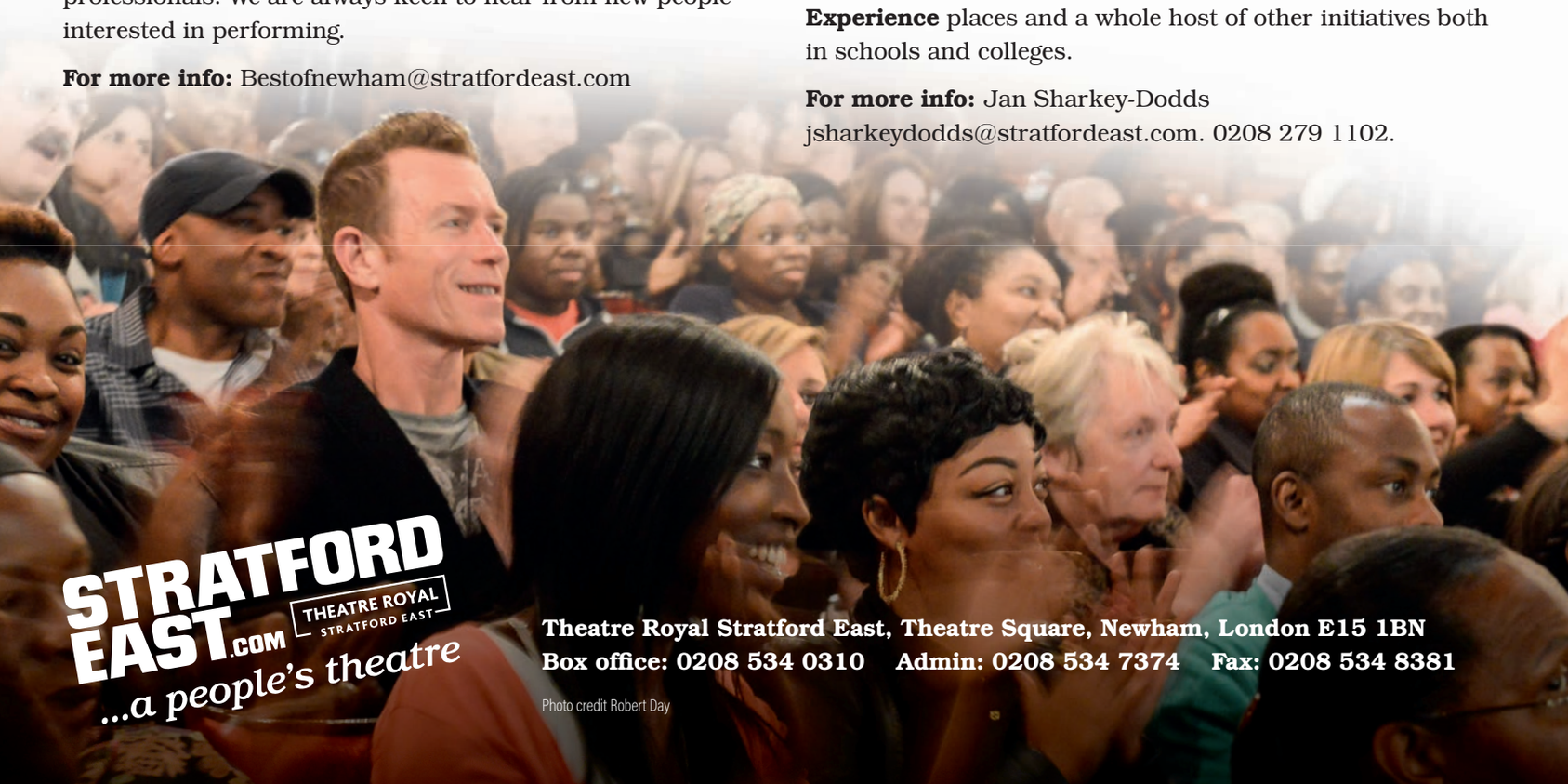
Young Producers (18-24 year olds)
& Young Artists LAB (16-24 year olds)
These Leadership programmes are designed to foster responsibility and resilience in our young people. They organise their own events and take on responsibility for supporting the younger members.

Monologues in a Minute (13-17 year olds)
Young people perform their monologues as part of a competition on our main stage - with a chance to network with professionals from the industry and secure an agent and paid work.

Poets Platform: (15-24 year olds)
A chance to develop language and emotional literacy, where participants write and perform their own poetry that embraces their life experiences and linguistic culture.

In addition, we work directly with Newham schools on a number of opportunities including 12 **Newham Work Experience** places and a whole host of other initiatives both in schools and colleges.

For more info: Jan Sharkey-Dodds
jsharkeydodds@stratfordeast.com. 0208 279 1102.



STRATFORD EAST.COM
THEATRE ROYAL STRATFORD EAST
...a people's theatre

Theatre Royal Stratford East, Theatre Square, Newham, London E15 1BN
Box office: 0208 534 0310 Admin: 0208 534 7374 Fax: 0208 534 8381

Photo credit Robert Day

the newham mag

Look out for the next issue from **20 May**
View the mag online at **www.newham.gov.uk/mag**

contents

6 May 2016 // **issue 340**

In this edition we focus on children and education and how three of our amazing schools are now rated as outstanding in what they do to provide our young people with the best learning environments (p8). Read the remarkable stories of Shaftesbury Primary (p11), Cleves Primary (p17) and Forest Gate Community (p27).

You can also read how one inspiring resident has faced up to the challenges of mental health (p12) and we turn back the clock to see what Newham Council was like when it was formed in 1965 (p14).

All the fun of the Mayor's Newham Show returns in July and you can see some of what is being lined up (p12). You can also discover what we can all do to remove some of the hazards that blind people face every day (p24).

There's a warning of hefty fines for litter dumpers (p23) and we publish more photographs of people we want to question about doing that very thing (p29).

Councillor Rev. Quintin Peppiatt
Cabinet member for children and young people

Keep in touch with Newham Council via:

www.newham.gov.uk
@NewhamLondon
www.facebook.com/newhamcouncil

To contact the *Newham Mag* team email
newham.mag@newham.gov.uk
or call **020 3373 1517**
PUBLICATIONS OFFICER: Kay Atwal
STAFF PHOTOGRAPHER: Andrew Baker

To advertise in the Mag call
Julie Madell on **07890 529 090**

If you do not receive the *Newham Mag* at home, or know someone who doesn't, please call 020 3373 1517, write to The Newham Mag, West Wing, 4th Floor, Newham Dockside, Dockside Road, London E16 2QU, or email newham.mag@newham.gov.uk

Publication of an advert in the *Newham Mag* does not constitute endorsement of any goods or services offered.

The *Newham Mag* is printed on 100 per cent recycled paper by Garnett Dickinson Print Ltd and distributed by Letterbox Distribution.

Regulars

04 **NEWS** – two pages of news from across the borough
06 **MAYOR'S VIEW** – news from Sir Robin Wales
14 **WORKING LIVES** – remembering Newham's birth
20 **NEWHAM IN PICTURES** – images from Newham
30 **OUR NEWHAM** – community news
32 **KIDS CORNER** – pictures and puzzles for our younger readers
34 **WHAT'S ON** – five pages of activities and events, most of them free

12

24

14

17

Features

08 **THEY'RE OUTSTANDING** – our amazing schools
11 **SPOTLIGHT ON SCHOOLS** – Shaftesbury Primary
12 **MENTAL HEALTH** – not all in the mind
17 **SPOTLIGHT ON SCHOOLS** – Cleves Primary
18 **NEWHAM MAYOR'S SHOW** – fun returns to East Ham
23 **DON'T DUMP IT** – hefty fines in store
24 **NAVIGATING THE STREETS** – minefield for the blind
27 **SPOTLIGHT ON SCHOOLS** – Forest Gate Community
29 **CAUGHT ON CAMERA** – find these litter droppers

Newham London

Love Newham? Download the free Love Newham app and report a range of environmental issues. Visit **www.newham.gov.uk/lovenewham**

IN BRIEF //

Gypsy and traveller accommodation survey

Newham Council is consulting on the level of gypsy and traveller accommodation in the borough.

The consultation offers residents an opportunity to comment on issues and options as part of the council's Gypsy and Traveller Accommodation Development Plan Document (GTADPD).

It can be found at **www.newham.gov.uk/planningconsultations** along with a statement outlining how we are consulting.

Residents can comment on the plan for a period of six weeks, ending on Monday 6 June.

Representations can also be made by email to **LDF@newham.gov.uk** and should be clearly labelled GTADPD.

Help shape services for young

Newham NHS Clinical Commissioning Group, in partnership with Newham Council, want to hear from residents about children's community health services for those aged up to 18.

Views are needed from young people and their families who use local NHS services, to help plan future community health services for the age group.

People are invited to complete a short online survey available at **www.newhamccg.nhs.uk/futuregeneration** to have a say.

The survey closes on Tuesday 31 May.

Apprenticeships are just the job

Cllr Paul greets apprentice hopefuls

More than 60 young people have been attending taster sessions to show the job and training opportunities that Newham Council offers as part of its Youth Employment Scheme (YES).

The first batch of youngsters who visited the council's Newham Dockside offices in the Royal Docks had the chance to shadow current and former apprentices during their working day, and take part in mock assessments to fully understand the recruitment process.

The council's YES programme has been running for 25 years and to date has recruited more than 450 young people, with 86 per cent of them securing jobs, mainly at the council.

Councillor Terry Paul, mayoral adviser for skills and adult learning, said: "Apprenticeships through our successful YES programme offer young people opportunities to kick-start their professional careers."

If you are aged 16 to 18 and would like to apply for a YES placement, visit **www.newham.gov.uk/YES**

Tea dance fit for a Queen

Cllr Hudson and dancers raise a toast

More than 150 residents put on their dancing shoes to raise a toast to The Queen's 90th birthday and mark St George's Day.

Deputy Mayor Councillor Lester Hudson joined the celebrations at the Old Town in Stratford, where dancers took to the floor in an array of red and white outfits and amidst a sea of flags.

Councillor Hudson said: "Our tea dances are great fun and a way for people to come together, meet old friends, make new ones and generally keep active. This one was extra special because it allowed us to celebrate The Queen's birthday in style."

The tea dance was one of a series organised by Newham Council. The next takes place at the Old Town Hall on Monday 20 June from 1.30pm to 4.30pm. Each costs £3 for Newham residents with refreshments included. Call 0203 373 0826.

News

Appeal to rezone station

Cllrs Akiwowo and Clark help launch the campaign

Newham councillors Ken Clark and Seyi Akiwowo joined campaigners in launching an appeal to get Maryland Station in Stratford rezoned.

At the start of the year, residents benefited from the reclassification of seven stations around Stratford from zone 3 to zone 2/3, saving commuters up to £200 a year. Maryland was the only one in the Stratford area not to be re-zoned, meaning residents pay more to use their local station compared to those living elsewhere in the area.

Councillor Akiwowo said: "Users of the re-zoned stations benefit from cheaper travel, but those living close to an using Maryland do not. We feel we have been let down and want it included in zone 2/3. This will be good for Maryland."

The campaigners have launched an online petition and residents are encouraged to sign it. To do so visit **www.ipetitions.com/petition/marylandzone2**

Tragic police officer saluted

Cllr Hudson with officers at the memorial

Deputy Mayor of Newham, Councillor Lester Hudson, laid flowers to commemorate the seventh anniversary of the death of a police officer who died in the line of duty.

A short memorial service was held in Ashlin Road, Stratford, to salute firearms officer Pc Gary Toms, 37, who sustained fatal head injuries following a car chase of four people involved in a violent robbery.

Borough commander Chief Supt Tony Nash laid flowers on behalf of Newham's police officers and members of the police firearms command also paid their respects.

Councillor Hudson said: "The tragic death of Pc Toms reminds us of the risks taken by our brave police officers in the line of duty every day. The life of a promising officer was cut short and it is absolutely right that we should remember him. Our thoughts are with his family and friends."

Cheer over primary school places offers

Figures released as part of National Offer Day showed Newham Council was second in London for the number of pupils who received their first preference primary school.

Almost 89 per cent of pupils were offered their first choice, which was five percentage points above the London average. Almost 97 per cent were offered a place at one of their top three primaries, compared to 94 per cent across London.

Newham Council received 4,778 applications by the closing date of 15 January. Only 92 pupils (1.93 per cent) could not be offered a place at any of their preferred schools and have been allocated alternative places at the closest school to their home which still had places available.

Councillor Quintin Peppiatt, Cabinet member for children and young people, said: "We have worked hard with schools and parents to ensure that as many of our younger pupils can attend the primary school of their choice."

Fond farewell but good times ahead

Next week is the end of an era for West Ham United with the final match at the Boleyn Ground. I'm sure you all have special memories of great moments there over the years.

While I've been the elected Mayor of Newham, there have been two successful promotion campaigns, a thrilling march to the 2006 FA Cup Final, and the 'Great Escape' of 2007 when the club escaped relegation. The match next week against Manchester United may end one era, but it will herald an exciting and hugely promising new one.

Ever since Newham was created in 1965 there has been a strong bond between the Hammers and the council. One of the first official duties of the new council back then was a civic reception and parade for the new holders of the European Cup Winners' Cup.

Welcoming the team that defeated TSV Munchen 1860 at Wembley Stadium was a proud moment for Newham's first ceremonial Mayor Terence McMillan as he posed on the balcony of Newham Town Hall in East Ham with skipper Bobby Moore.

We also couldn't ignore the fact that in 1966 it was West Ham who won the World Cup for England. Bobby, Geoff Hurst and Martin Peters were instrumental in the victory over West Germany. It was right that the council and the club unveiled the Champions sculpture in 2003 in Barking Road as a tribute to that marvellous day.

Terence McMillan and Bobby Moore in 1965

Our strong relationship will continue at the club's fantastic new home at the former Olympic Stadium. As part owners of the Stadium through the £40 million investment we have made, we look forward to more good times ahead. The move to the Stadium is a no brainer; good for us, good for the borough and good for the club.

But we will also make sure the redevelopment of the Boleyn Ground works for the whole community and that the club's 112-year association with Green Street won't just fade and die.

The final match at Upton Park will be emotional for many. I wish everyone a fantastic farewell to the Boleyn Ground and look forward to welcoming you to Stratford for the next chapter in the club's history.

Bidding for the Olympic Stadium

Mayor's view

Opportunities still to be grasped

By the time you read this column the polls will have closed and we will probably know who has been elected as the new Mayor of London.

Whoever it is will have great influence and power over what happens across our wonderful capital city, whether that is promoting London across the globe, making decisions on large, strategic planning applications or managing our fire and police services and our transport network.

> "We will continue to champion Newham and strive for the best outcomes for our residents."

Over the next decade the landscape of Newham will continue to change dramatically with new housing and international business developments stretching from the Royal Docks to Stratford. We will be pushing the new Mayor of London to make sure that our buzzing borough and thriving business hubs will not be choked before they get off the ground.

While Newham is well connected, and will benefit from the introduction of Crossrail, there is more that needs to be done to boost London's economy and support our residents: including making Stratford International Station truly international, extending Crossrail 2 into east London, and quickening the pace on building river crossings, including in Beckton, to ease congestion along the A13 and the A12.

But while sorting out the transport network is essential, the biggest challenge for the capital is housing.

We are doing our bit by building new properties and buying more housing stock. But the Mayor of London and the Greater London Authority have huge swathes of land, including pockets in Newham, which should be used to build housing.

Sadly, the sale or leasing of this land is often done without input from local councils. We want to see a more joined up approach with council planning departments to ensure that developments are more focused towards local needs rather than the coffers of City Hall.

Whoever is in the top chair in London, we will continue to champion Newham and strive for the best outcomes for our residents.

with Sir Robin Wales

New Deal For Newham

Outstanding schools offer top class education

Newham's education provision has improved rapidly and the council is ensuring every child and young person has a high quality education that offers them a strong start in life. As part of our New Deal for residents and working with our schools, we are committed to making sure young people receive a high quality offer that goes beyond what families can expect in other parts of the country.

Three schools, Cleves Primary, Shaftesbury Primary, and Forest Gate Community, have gone from being rated by Government inspectors as "requires improvement" to "outstanding" at breakneck speed. This means that almost 90 per cent of Newham schoolchildren attend a good or outstanding school.

"These schools have done an amazing job in improving standards and ensuring children have the very best learning environments."

The Office for Standards in Education, Children's Services and Skills (Ofsted) judge an outstanding school as one that is highly effective in ensuring pupils are very well equipped for the next stage of their education, training or employment. It looks at the achievements of pupils, quality of teaching, behaviour and safety of pupils, and leadership and management.

These schools obtained an outstanding inspection because of their strong leadership, a committed governing body, dedicated teachers and support from parents, the community and the council.

Councillor Quintin Peppiatt, cabinet member for children and young people, said: "These schools have done an amazing job in improving standards and ensuring children have the very best learning environments."

Cleves Primary

Cleves, a primary school in East Ham, is part of the Boleyn Federation of Schools. The head teacher is Sarah Lack, with Tom Canning from Tollgate Primary School as executive head teacher.

Key Stage 2 results: Ninety-three per cent of pupils achieved Level 4 or above in reading, writing and mathematics, compared to 80 per cent nationally.

What Ofsted said:

> The head teachers share a vision of excellence for the school. They have demonstrated the drive to turn this vision into reality. The federation with Tollgate Primary School has brought huge strength to the quality of leadership at all levels
> The ambitious range of subjects taught really stretches pupils. As a result, they learn fast and make strong progress
> Pupils' outcomes are outstanding and their attainment is above average. All groups of pupils make strong progress, and none fall behind
> Disabled pupils and those who have special educational needs make outstanding progress because they receive the highest-quality support, tailored to their needs. They outperform their counterparts in the country as a whole.

Shaftesbury Primary School

Shaftesbury is a large multi-cultural school in Forest Gate. Head teacher Geoff Hadlow has been there for eight years.

Key Stage 2 results: Eighty per cent of pupils achieved Level 4 or above in reading, writing and mathematics, on par with the national average.

What Ofsted said:

> The head teacher, senior leaders and governors have passionately driven forward improvements in all aspects of the school's work. Through an excellent programme of training, teachers, leaders and other staff thrive professionally. With excellent teaching, high expectations and unwavering care at the heart of the school's work, all pupils blossom socially and academically
> From their different starting points, all groups of pupils, including the most able, make outstanding progress across the subjects of the curriculum
> Leadership of the early years is outstanding. Indoor classrooms and outdoor areas provide stimulating learning environments that make children inquisitive and keen to explore. Teachers and other staff are highly skilled. They consistently talk to children, immersing them in spoken English.

Forest Gate Community School

Forest Gate Community School is a mixed comprehensive secondary school. Head teacher Simon Elliott joined in 2011.

Results: Seventy-one per cent of students got at least five GCSE passes at grades A* to C including English and maths, compared to 53.8 per cent nationally.

What Ofsted said

> The head teacher, with the highly effective support of the governing body and current senior leaders, has instigated and developed the school's ambitious vision among staff, parents and pupils
> Pupils' achievement is outstanding. Outcomes were significantly above average for all pupils, leading to the school being in the top 13 per cent of schools nationally
> The curriculum programme is a strength of the school's work. Alongside this, individualised support is provided to meet the needs of differing groups of pupils, enabling them to flourish.

Read more about the three schools on pages 11, 17 and 27.

For information about schools in Newham visit www.newham.gov.uk/schools

Newham London

Save time when you **do it online**

We are making it easier for you to reach and do business with us. You can now access information and services at a time that suits you, 24 hours a day, 7 days a week.

www.newham.gov.uk/doitonline

Parking permits, bin queries and bulky and garden waste collection service bookings are now online only.

Sarah Lack and pupils

Going back to basics **is reaping rewards**

At Cleves Primary School in East Ham, head teacher Sarah Lack says high quality training for staff and a return to basics in literacy and maths is helping improve the outcomes for all children.

Sarah, an Australian who came to England 21 years ago as a university graduate, only planned to stay for a few months but fell in love with the borough she now calls home.

She took the helm of the school in Arragon Road two years ago when Government inspectors said it needed improvement. Now, the school has been transformed. The signs are visible everywhere, from the handwriting of reception children to the newly-laid play area and the corridors and classrooms decked out in work done by the pupils.

Cleves is part of the Boleyn Federation, a group of schools that work together to share best practice to provide outstanding education for all. The federation is led by Tom Canning from Tollgate Primary. Inspectors who rated the school as outstanding in 2015, recognised the value of the federation in strengthening the quality of leadership at Cleves.

> **"We are a school dedicated to getting the basics right."**

Sarah said: "This school has always supported children with special educational needs really well, but outcomes for others were not as great. All the children here are very clever and have so much potential. They have responded well and stepped up to meet every challenge and every change we've made.

"Our solid base here is reading and writing. We are a school dedicated to getting the basics right. There are literacy and maths lessons every day until lunchtime and we celebrate the children's achievements from an early age."

The school has also addressed the training needs of staff by looking at what was available and then adapting it so that it was fit for purpose for Cleves. Sarah worked with staff from Tollgate as part of the new training scheme. She said: "Now you cannot help but notice improved outcomes, and the children really take pride in their school."

MENTAL HEALTH AWARENESS WEEK
16-22 MAY 2016

Sarah Willoughby

Learning to live with mental illnesss

Each year, one in four of us will experience some kind of mental health problem. With Mental Health Awareness Week just around the corner, Newham resident Sarah Willoughby talks about how she copes with her own issues, with support from family, friends and local services like MIND.

Mental Health Awareness Week takes place from 16 to 22 May and celebrates the relationships and people in our lives that help to protect our mental health. Supportive networks and close relationships (among other things) are important for maintaining mental wellbeing, as Sarah's story shows.

"I suffer with anxiety and depression and have had mental health issues since I was a teenager. At the age of 15 I developed Generalised Anxiety Disorder (GAD). I had no Idea what was wrong with me or what was happening to me. It was hard enough being a teenager, but I was also experiencing anxiety which would last for days and I couldn't explain it. My feelings of anxiety would then often develop into full blown panic attacks.

"Now I have a life after depression and I'm able to look forward to my future."

"My father recognised the anxiety straight away and gave me some self-help books and meditation techniques that helped me to understand my condition and cope better. But at 21 I developed depression after leaving university. I was reluctant to take medication at first, but with the doctors' help we tried different kinds until we found the right one. I also had counselling and Cognitive Behavioural Therapy (CBT), both of which were helpful.

"I started work as an administrator for the NHS and decided to apply to become an Occupational Therapist. But then one of my dearest friends committed suicide and my world began to fall apart. I had a breakdown and spent six weeks in the Newham Day Hospital, as advised by the Community Mental Health Team (CMHT).

"My medication was changed and I was referred for therapy in the community. While I was at the day hospital, a representative from MIND visited and talked about the groups, activities and services they offered. There was an art and creativity group in Newham, as well as an employment service to help with CVs and training.

"Once discharged I contacted MIND in Newham and joined the art group and made an appointment with their employment adviser. The MIND art group helped me rediscover my creativity, make friends and get back into hobbies that I had put aside after my illness. I had to leave my job when I got ill and the employment adviser helped me to regain my confidence and apply to universities.

"I am now in my first year at London South Bank University studying to become an Occupational Therapist – and I love it! I am still in recovery and I will always have depression and anxiety, but I know how to keep well and understand that there will be good days and bad days.

"MIND helped me so much and I owe a lot to them. They helped me to understand my conditions, how to keep well and what to do if I begin to feel unwell again. They helped me to regain my confidence and now I have a life after depression and I'm able to look forward to my future."

Active Minds Café re-launches in Stratford on 19 May

For activities, advice and guidance to help promote mental wellbeing, drop into the Active Minds Café at Stratford Library on 19 May (12noon-4pm).

Been feeling low, anxious or upset for a while?

Newham Talking Therapies provide free, confidential therapy to residents aged 18 or over to help with worry, anxiety, phobias, low mood, bereavement, relationship troubles, loss of confidence and coping with long term conditions. They also provide employment and welfare support. For an appointment, visit **www.newhamtalkingtherapies.nhs.uk** or call **020 8475 8080**.

For more information about mental health services in Newham visit www.newham.gov.uk/mentalhealth and for more information about MIND visit www.mind.org.uk

Setting the path for others to follow

The first official meeting of Newham Council as a new local authority took place on 1 April 1965. Now, as the council prepares to complete the final business of its 50th anniversary municipal year, former councillor Keith Hasler recalls what it was like to be there at the very start.

Newham was formed by the amalgamation of the county boroughs of East Ham and West Ham, with bits of North Woolwich and Barking added. Residents elected councillors to serve on the new council in May 1964. They met as a shadow authority before taking over officially the following year.

Keith, a teacher, was elected aged 26 as a Labour Party candidate in 1964 to represent Park ward, now called Forest Gate South. He said: "I was a political teenager, but not to the extent that it took up my whole life. I am proud to say I'm a working class graduate. Both my granddads were dockers and my dad worked in an tailor's sweatshop. The family were trade unionists and I came from a background that one got involved."

He passed the 11+ selection test and went to Plaistow Grammar School. He said: "I was a fairly high flying pupil and got a place to study physics at

Keith Hasler

King's College London. I thought I would probably go into lecturing or teaching or some sort of public service role."

Keith became a teacher and worked at four different secondary schools, but never in Newham. His first job was in Battersea at around the time he joined the Labour Party.

He said: "In 1963 I was selected to fight Upton ward, which was held by the Liberals with a big majority. I was unsuccessful but in 1964 I fought in Park ward and got elected."

Keith was re-elected in 1968 in Park ward and again in 1971 and 1974 but in Upton ward on both occasions. He didn't seek re-election in 1978.

He said: "I served for 14 years as a councillor and chaired the education committee for the final four years, which was a big job. But I realised if I was going to do justice to my day job of teaching, I would have to concentrate on it. So after serving four terms I chose not to stand again. I gave up being a magistrate at the same time, which I had done for five years. It was pretty demanding and there wasn't much spare time."

Keith, who met his wife Elizabeth while working at a secondary school in Redbridge, said the Newham of the 1960s had much in common with Newham of today.

He said: "Housing was a big issue even then. There was also the argument about changing to comprehensive schools. Another issue was the need to improve standards of primary education.

"I was closely involved with was then West Ham College of Technology. It was unique in that it was run and funded by the local authority, yet was accepted as a school of the University of London and able to award internal degrees.

"The building is now part of the Stratford campus of the University of East London (UEL). I was chair of governors within a few months of becoming a councillor. UEL was formed as a conglomeration between West Ham College of Technology and the colleges of Barking and Waltham Forest. I was heavily involved in negotiating that marriage."

What pleases Keith most is that he was instrumental in persuading the Department of Education and Science that Newham should be regarded as inner London for the purposes of teachers' pay, rather than mid London which is where we started. Levels in those days were outer, middle and inner.

He said: "We managed to persuade them that the social differences between inner London and Newham were not noticeable enough. It made a significant difference to our ability to recruit teachers."

Keith retired from teaching in his late 60s but remains a member of the Labour Party. He concluded: "Being a councillor today has changed, but I only stopped because I wanted to do my day job properly."

Know your travel options

Saturday 4 June to Friday 23 September

Network Rail is working on the Gospel Oak to Barking London Overground Line as part of TfL's improvement plan. This will enable new longer trains to run from 2018.

There will be no service between South Tottenham and Barking for the entire period.

At weekends services will not run between Gospel Oak and Barking.

Please use alternative Tube or rail routes, or rail replacement bus services and allow more time for your journey.

Search TfL London Overground closure

MAYOR OF LONDON

TRANSPORT FOR LONDON

NetworkRail

Newham London

Share your views and help improve Newham through better connections and neighbourhoods for local people.

PASTA
PHYSICAL ACTIVITY THROUGH SUSTAINABLE TRANSPORT APPROACHES

You can earn rewards for your time.

www.newham.gov.uk/pasta

This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement no 602624-2

School shines as a beacon of excellence

Head teacher Geoff Hadlow is one of an elite group of heads in Newham who have managed to raise standards in two schools to see them both rated as "outstanding" by Government inspectors. What he achieved previously at Rosetta School in Custom House he has achieved once more at Shaftesbury Primary in Forest Gate.

The inspectors said Shaftesbury strongly embodies the five Cs of care, consideration, commitment, co-operation and courtesy. Teaching and the curriculum developed by Geoff and his senior leadership team has seen it become a beacon of excellence, with more than 150 teacher trainees honing their skills there in the past three years.

Geoff began teaching in Newham 24 years ago at Kensington Primary and went on to become head teacher at Rosetta Primary before joining Shaftesbury.

The challenges at Shaftesbury are the same that other London boroughs face, with transient pupils from diverse backgrounds and many with English as an additional language. Geoff and his team have met these challenges head on and a culture of achievement and success has been developed.

Pupils come to school ready and willing to learn and are taught that they can achieve. This belief is embodied in the governors, teaching and support staff and parents, who all want the best for the children.

"We want this to be the school of choice for our local community."

The building has also undergone a transformation with inspiration from pupils themselves. It is a bright, beautiful and fun environment to learn in. Newham Council has also invested in an additional wing of the school for early years pupils.

Geoff said: "We have worked hard to raise expectations of our young people and what this school can achieve. We want this to be the school of choice for our local community. Governors, staff and parents are working together to achieve this. I'm extremely proud that inspectors have recognised what we do."

Chair of governors, Seema Sarfaraz, said: "Geoff has shown tremendous leadership and a strong vision. His faith in teachers at the start of their careers and his uncompromising belief in our pupils and in working with parents and the governing body, has seen this school rewarded with the highest accolade from the inspectors."

The Mayor's Newham Show Returns

Newham's biggest **FREE** family event The Mayor's Newham Show returns to Central Park, East Ham, on Saturday 9 and Sunday 10 July and is guaranteed to be bigger, better and even more brilliant than before.

Save the date in your diary/phone and share some special memories with friends, family and neighbours.

From 12noon to 6pm on both days, the park will be full of fun and entertainment for the whole family.

Mayor Sir Robin Wales said: "As a borough we pride ourselves on providing our residents with a range of fun, free activities as this is a great way to bring our community together. I hope lots of families will take the opportunity to enjoy the varied entertainment at this year's Mayor's Newham Show and attend the rest of our free events later on in the year."

Here is a small taste of what's on offer.

Children's Stage

This year's children's stage will feature live entertainment throughout the weekend.

You can see **Chase & Marshall from PAW Patrol** during Story Time sessions, led by a narrator, at intervals on Saturday 9 July.

There will also be a special performance by **Children's TV favourite Rastamouse and Da Easy Crew** on Sunday 10 July.

Both of these acts will perform on the children's stage as well as the main stage, so families will get two fantastic opportunities to get involved in the fun each day. Both acts will also be making personal appearances at intervals throughout the afternoon. Don't forget to bring your camera/phone.

CBBC presenter Ben Shires returns as host and will be introducing all the performers and entertaining the crowds

Ben Shires – host

Mini golf

Balloonatic

throughout the weekend. We have a truly jam packed programme of entertainment which will get you dancing and wiggling all day long including:

- Ministry of Science Live and their Pocket Sized Science Live show that comes with a bang
- Bubble Inc. presents The Bubble Wizard show which will wow, thrill and amaze you with bubbles that come alive
- The Bonkers Balloon Show by Balloonatic will transform the stage with a wonderful party atmosphere and their extravagant balloon show
- Jump Start Jonny will get everybody moving with his fun and interactive fitness show
- Performances from talented youngsters in Newham's Every Child a Musician programme
- A Teddy Bear's Party - the weekend wouldn't be complete without it.

Cabaret Tent

Prepare to be wowed by an array of weird and wonderful acts and an eclectic programme of entertainment featuring:

- Sal Bashir who will be rocking the place with his charismatic and energetic Elvis Presley tribute show
- Rob the Street Performer, a truly amazing act combining comedy, escapology and acrobatics, with the perfect blend of laughter, danger and excitement
- Newham's Tea Dances return to the dance floor. Put on your dancing shoes and get involved as it's lots of fun, plus there are raffle prizes to be won
- One brave man, one enormous balloon, one amazing show - Mr Airhead is a truly original piece of entertainment which will have you laughing out loud
- The Norvie and Josie double act is full of magical antics, breathtaking acrobatics and singing. It's a magic show like no other.

The Village Fete

Complete with regular favourites and new attractions, another extravaganza of games and activities for all ages includes:

- Mini golf - 12 holes of spiralling fun for the whole family
- Food demonstrations for those with food on the brain
- Walkabout street theatre acts Bonkers Balloon Show and Green Fingered Gals will be on the lookout for willing participants to join in their silly antics
- Traditional games including Victorian skittles and coconut shy
- High Striker - test your strength and see if you can get the bell to chime
- Allotments offering plants for sale.

Look out for other exciting things that are happening at this year's show in the next edition of the Newham Mag. For regular event updates visit:

www.newham.gov.uk/mns
NewhamEvents
@NewhamLondon #NewhamShow

Save the dates

Under the Stars
Thursday 18 to Sunday 21 August
6.30-10.30pm,
Central Park, High Street South,
East Ham E6.
Four nights of FREE live music.

Guy Fawkes Night
Saturday 5 November,
Wanstead Flats, Forest Gate E7.
FREE fireworks display for the whole community.

Newham in pictures

1 Dancing feet! Celebrating St George's Day and The Queen's 90th birthday with a tea dance at the Old Town Hall, Stratford, E15. **2** It's good to talk! Young Mayor Alex Jarrett takes part in student to student support sessions at Stratford Library, The Grove, E15. **3** Young speech writers get expert tips from Adisa the Verbaliser in a competition at Newham Town Hall, East Ham, E6. **4** In the fast lane! Students at Shaftesbury Primary School in Forest Gate, E7, are chuffed that their school is considered outstanding. **5** Top class fun! A young pupil is lost in a sea of colour at Cleves Primary School in East Ham, E6, another of Newham's outstanding schools.

MENTAL HEALTH AWARENESS WEEK
16-22 MAY 2016

Active Minds Café

Thursday 19 May, 12noon-4pm
Stratford Library, 3 The Grove, E15 1EL

Come and join us to celebrate Mental Health Awareness Week with the launch of the Active Minds Café in Stratford Library.

Activities, advice and guidance are on offer to support mental wellbeing in Newham.

Refreshments will be provided.

To book your place or for more information:
Email **Shamilla.kumari@newham.gov.uk**
Call **07854 962 478**

active newham

Newham London

BIRMINGHAM REPERTORY THEATRE in association with
RAMPS ON THE MOON presents

THE GOVERNMENT INSPECTOR

'MAGNIFICENTLY FRESH AND INNOVATIVE'

'A FAST-PACED, GENUINELY FUNNY REWORKING OF A MASTERPIECE'
The Stage

020 8534 0310

18 - 28 MAY 2016

STRATFORD EAST .COM

THEATRE ROYAL
STRATFORD EAST
GERRY RAFFLES SQ. E15 1BN

...a people's theatre

Written by NIKOLAI GOGOL
Adapted by DAVID HARROWER

CAP
ALL PERFORMANCES SIGNED, CAPTIONED & AUDIO DESCRIBED

Supported using public funding by ARTS COUNCIL ENGLAND

Newham London

Sponsored by

Dumping rubbish? Here's a £400 fine

Mattresses, sofas and fridges are often found dumped by lazy louts who expect the council to clean up after them. But from next week they could find themselves slapped with a £400 fine.

Councils have been given new powers to issue £400 fixed penalty notices (FPN) to those who ruin our environment with fly-tipping.

The tougher penalties come a month after Newham Council committed to Keep Newham Clean as part of its New Deal for residents, encouraging people to take pride in their area and throw away their rubbish responsibly. A visiting team is also knocking on doors to offer residents advice on waste services.

The council already has a strong record of taking action against people who disrespect the environment and ruin the borough for others. Last year more than 1,100 fines were issued to people who dropped litter, spat or urinated on our streets. And 94 people ended up with a criminal record for dumping rubbish, littering, spitting or urinating in the borough.

The new £400 fine for fly-tipping is an alternative to taking offenders to court. Prosecutions can cost the council thousands of pounds and these costs as well as the costs of clearing fly tips are often not fully recouped. However Newham Council will still prosecute repeat offenders and those who dump potentially lethal waste, which, if they are found guilty, will result in defendants getting a criminal record.

Councillor Ian Corbett, cabinet member for environment and leisure, said: "These £400 fines will be a sharp shock to fly-tippers. We have dedicated ward officers patrolling our streets and I hope this makes people think twice before they go out and dump in our area.

"Newham has never shied away from taking robust action against people who are intent on ruining our environment and we will still pursue prosecutions against those who repeatedly blight our streets with their rubbish."

Help us Keep Newham Clean, report a fly-tip by visiting www.newham.gov/uk/flytipping

EVERYDAY CHALLENGES OF LIVING WITH A DISABILITY

Many of us suffer from some form of ill health, but most of us have no real idea of what it's like to live day-in day-out with a disability. Here Newham resident Christine Staines shows some of the challenges she faces as a blind person on a short trip to post a letter.

"I consider myself fairly active for a person in their 70s, but many blind people don't bother going out because it can be stressful and dangerous – especially for the ones without guide dogs (and there are only two registered in Newham). The same applies for other people with disabilities, like wheelchair users.

"I want people to know what it is like for someone with a visual impairment to do something that's seemingly simple, like posting a letter. On my short walk to the post box, here are some of the issues that I faced:

- **Wheelie bins left by residents on the footpath (or pavement). This makes it difficult for me to get around, and it's the same for wheelchair users.**
- **People dropping food waste on the street, which distracts my guide dog and can be confusing for me.**
- **Rubbish on the street. These bags are a trip hazard and I can end up stepping through it, which is horrible.**
- **Over-hanging shrubs or trees. People that don't maintain their front gardens don't appreciate that these can cause blind people injury: I've been scratched and startled by these many times.**
- **Cars parked on dropped kerbs, or too far up on the pavement. If I have to cross the street without a dropped kerb then I risk breaking an ankle – again!**

"Other things that make life harder for blind people or wheelchair users include bicycles left on the footpath (or pavement) and street furniture outside businesses, like advertising boards or tables.

"My point is that if residents are a bit more considerate, it can help people like me feel safer and more confident when out and about – something that we're all entitled to but most people take for granted."

Christine has shown us that we should all think more about how our actions might affect people with disabilities.

Part of Newham Council's New Deal for residents is a committment to protect the most vulnerable in our community. The council works to promote responsible and considerate use of footpaths. Obstructions caused by bins, waste or overhanging hedges can result in a fixed penalty notice or prosecution. Advertising boards, tables and chairs are permitted on private forecourts, but we will take enforcement action for unlawful obstruction of the highway.

Here are some of the things that we are doing to make it easier for people with disabilities to get around:

> **Rubbish on the street:** Newham has one of the most intensive clearance services in London, both for fly-tipping and other rubbish. Residents must leave rubbish bags at the edge of their property and we encourage them to report fly-tipping online or via the Love Newham app.

> **Cars parked on the footway and across pedestrian dropped kerbs:** The council takes footway enforcement very seriously at all locations except where dedicated footway parking bays have been installed, or where the width of the highway means footway parking is necessary to help traffic flow and access for emergency vehicles. Enforcement of pedestrian dropped kerbs is also considered a high priority by the council. During the period 1 April 2015 to 31 December 2015, almost 5,000 penalty notices were issued for illegal footway parking and 4,500 penalty notices were issued for illegal parking across dropped kerbs.

> **Damaged footways:** The council is set to begin a ten-year programme of road and carriageway upgrades. Together with street lighting improvements, around £100m of improvements are planned. We continue to undertake responsive maintenance to public highways following reports of road or footpath defects, aiming to carry out inspections within three working days. Routine inspections of highways and footpaths are carried out at least once a year. Defects that are considered hazardous are scheduled for repair.

> **Wheelie bins:** The council has pulled recycling wheelie bins out of many streets where residents were not storing them within their own premises, offering orange bags instead. However, wheelie bins for rubbish are important because they protect waste from vermin, so we rely on residents to store them appropriately.

To report obstructions visit:
www.newham.gov.uk/reportit

Diabetes Support Club

Manor Park Library
685-691 Romford Road, E12 5AD
20 May, 17 June, 15 July, 19 August and 16 September, 5.30-7pm

Do you have diabetes or are you concerned that you might develop diabetes?

Get friendly advice from health professionals about managing diabetes, plus healthy lifestyle tips to help reduce your risk of developing the condition.

To book your place or for more information:
Email: **zakir.adam@newham.gov.uk**
Call: **020 3373 0858 or 07812 675 213**

Fostering

Newham London

Make a difference

With a weekly fee for yourself and all childcare costs covered, fostering may be the new career for you

#CouldYou?

0800 0130 393
www.newham.gov.uk/fostering

Students celebrating exams success

School soars to new heights of success

Record-breaking GCSE results combined with passionate, knowledgeable teachers and exemplary leadership, have all contributed to the transformation of Forest Gate Community School.

The school has gone from "requires improvement" to "outstanding" and inspectors from the Office for Standards in Education, Children's Services and Skills (Ofsted), awarded it the highest ratings possible for quality of leadership and academic outcomes.

They were impressed with the sharper focus on developing the quality of teaching and learning, inspired by the school's motto of "fly, grow, connect, strive".

The inspection report comes after the school scored record-breaking GCSE results, which inspectors said reflected the high quality of teaching. Last year, 71 per cent of pupils gained at least five GCSEs at grades A to C including English and Maths, making it the best performing community school in Newham.

Inspectors said that most pupils achieve "well above" the national average due to "excellent teaching" which helped them make "rapid progress". They put the school's remarkable success down to "highly effective" teaching and support from staff, as well as a culture of raised expectations. Part of this is the way teachers used assessments to monitor their students' learning.

Head teacher Simon Elliott was noted for providing "exemplary" leadership. He said: "To achieve an outstanding judgement is an extremely difficult task. It could only have been achieved by some of the very best teachers and leaders in the country and the support from our wonderful local community.

"Following our excellent GCSE results that saw us become the best performing community school in Newham, we are now an outstanding school, transformed into a world class learning environment where pupils achieve well beyond expectation. We look forward to the next challenge."

"We look forward to the next challenge."

Chair of governors, Jan Tallis, added: "This outstanding judgement is a reflection of all the hard work put in by everyone involved in our school from students and teachers to parents and governors. I'm proud that we are making a difference to the lives of children in Forest Gate."

Newham London

Fostering

Make a difference

Fostering Information Evening

Wednesday 18 May 2016

4pm - 7pm

West Ham United Football Club
Green Street, London E13 9AZ
(Free parking available)

For more information call

0800 0130 393

www.newhamfostering.co.uk

Don't let rubbish spoil your Newham.

Fly-tipping and littering is a challenge for every local council and in Newham we strive to ensure our streets are clean and safe for residents as well as visitors. That's why we take a pro-active approach to street cleansing.

Part of our New Deal for residents is action against those who dump rubbish in the borough.

In addition, we are reinforcing our street cleaning services to provide a more targeted weekend service so that our streets are looking their best when residents are able to enjoy them.

We are also investing an additional £1million to support our enforcement team in cracking down on fly-tipping hotspots. Using high visibility patrols and covert operations we will catch those who blight our streets and haul them before the courts where they can face fines or prosecution.

Fly-tipping is a criminal offence punishable by a fine of up to £50,000 or 12 months imprisonment if convicted by magistrates. The offence can attract an unlimited fine and up to five years imprisonment if convicted in a Crown Court.

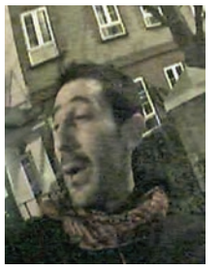
The pictures on this page show people we want to question about anti-social behaviour offences. If you recognise anyone please call **020 3373 4479** and quote the reference number beside the image.

To the people pictured here, our message is simple – we will use every power at our disposal to track you down and prosecute, including publishing a photograph of you if we need to establish your identity. Contact us now and maybe you will be able to avoid prosecution.

Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

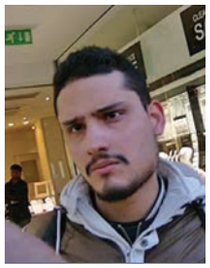
- **you will not be required to provide your name**
- **you will not be required to leave your contact details**
- **you will not have to make a statement**



Ref: 90016080

Ref: 90016548

Ref: 90016614

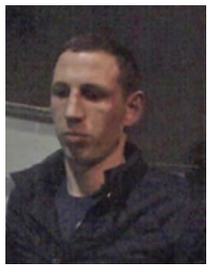


Ref: 90032288

Ref: 90036584

Ref: 90039186

Ref: 90039804



Ref: 90039808

Ref: 1606628

Don't put up with rubbish. Don't drop it and if you see it report it. To get it cleared up report it online at www.newham.gov.uk/MyNewham or download the Love Newham app by visiting www.newham.gov.uk/lovenewham

New Deal For Newham

Call 020 3373 4479 and quote the reference number beside the picture.

CAUGHT ON CAMERA

OUR NEWHAM

Newham College cricket team win finals

Students from Newham College have returned home victorious from a national cricket competition in which they beat a team representing the Midlands.

The team of eight from the college, which has campuses in Stratford and East Ham, represented London and went up against some of the best players from around the country in the finals which were held in Newcastle-upon-Tyne.

The competition is part of the Association of College (AOC) Sports initiative which gives students under 19 at schools and colleges across the country the chance to compete against the very best in a wide range of sports.

Team captain, Fasil Rahman, said: "The boys did great and everything the coach wanted them to so its well-deserved."

Zaheer Daleel, head coach and team manager, said: "We have won so many competitions over the past three years but this tops them all.

"To even compete at this level is hard enough, but to come away with the trophy is amazing. The team, which did not exist until four years ago, has come from nowhere, without any equipment or resources, and beaten teams who have thousands of pounds worth of investment with the latest technology and professional coaching to help them."

The winning team

MOSAICS SET VALUES IN STONE

Visitors to Essex Primary School in Manor Park will now be welcomed in eight different languages thanks to the English, Bengali, Urdu, Gujarati, Punjabi, Somali, Tamil and Polish words for 'welcome' being set in stone in mosaics.

Local artist, Kat Hall oversaw the creation of mosaics. She has been working since September with pupils at every stage of the development process, culminating in laying the mosaics over a two-week period. Kat said: "This school has encouraged community more than any other." Every pupil, as well as staff, parents and governors, laid tiles in the mosaics, which were unveiled with great pride by East Ham MP, Stephen Timms. He said: "The school is lively and colourful on the inside but it is lovely to see this on the outside too."

Head teacher Rosie Cowan said: "Our vision of 'Everyone valued, everyone challenged, everyone achieving' is at the very foundation of the school. I am thrilled that it is now set in stone for all to see."

Mr Timms with former students

The head teacher and the artist

MONEY MENTORING GRADUATES READY TO SUPPORT COMMUNITY

Proud graduates with Cllr Clarke

A group of Newham residents have graduated as Community Money Mentors having successfully completed a money mentoring course run at MoneyWorks, Newham Council's affordable finance and money advice service.

The 12-week course, run in partnership with employment service Workplace, gave residents knowledge and skills in a wide range of areas including budgeting, getting the best deals, mentoring and understanding financial products, such as bank accounts and loans. It was a big step towards improving their own financial situations as well as helping others in the community who may be struggling with debt or the everyday costs of living.

Councillor Frances Clarke, Cabinet member for financial inclusion and health promotion, issued certificates at the graduation ceremony which recognised the residents achieving a nationally recognised qualification in community money mentoring.

MoneyWorks is open **Monday to Friday**, from **9am – 5pm** at **Unit 61-62, Stratford Shopping Centre, London, E15 1XF**. To find out more visit **www.newhammoneyworks.co.uk**

MEMORABLE DAY FOR FAMILIES AND CARERS

The MP was a guest

Families with children who have Down's Syndrome and autism enjoyed a memorable day at an event held at Katherine Road Community Centre in Forest Gate.

The event was run by UpsideofDown, an organisation which has been supporting families with children affected by both conditions for 11 years. It celebrated both World Down's Syndrome Day and Autism Awareness Week with entertainment, refreshments and the opportunity to network with those with similar experiences.

East Ham MP Stephen Timms and Newham councillor Jose Alexander were among the guests who enjoyed the event which included entertainment by 'Magic Billy' and 'Paracarnival'. They also watched a video clip of the group Dance21 from Essex taking part in the Got to Dance competition.

Ally Khoda, who is one of the organisers, said: "It was a big opportunity for parents and carers to meet and share experiences and network with each other. Both Mr Timms and Cllr Alexander have offered to support UpsideofDown in its aims and mission.

To find out more about UpsideofDown, including forthcoming events, visit **www.upsideofdowns.org.uk**

Children's races to help farm realise wish list

Cllrs Corbett and Holland join the presentation

Children who raised more than £1,700 by taking part in sponsored relay races have presented a cheque to Newham City Farm.

The children, from North Beckton Primary School, in Beckton, chose the farm after asking each class which charity they wanted to support. They all decided they wanted to help animals and chose to support the farm in Stansfeld Road, Beckton, which many have visited with their families.

Newham councillors Ian Corbett and Pat Holland joined the children as they presented the cheque for £1,743 to Theresa Salmon, manager of the farm. They also enjoyed a tour of the farm during their visit.

Inaya Rafi, 10, said the relays were "hard" but exciting at the same time. She said they were excited about coming to the farm.

Paula Stewart, deputy head teacher, said: "I am extremely proud that the children are supporting a local charity. Maybe they will get to enjoy opportunities to enjoy the farm with their families."

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

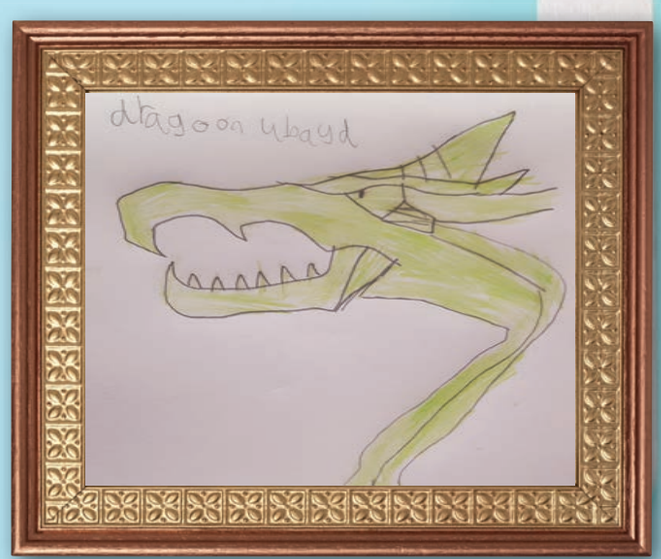
Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry

GALLERY

Winner

Miethursha Narentrakumar, 9

Ayan Ali Naqvi, 7



Ubayd Khan, 6

LiLia Herbert, 6

Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.

Stratford Picturehouse, Theatre Square, E15

Poem

Don't be Racist

Don't be racist,
doesn't matter if your
neighbours or not.
Just be kind to all
and you will get on just fine.
It doesn't matter what colour or
religion you are,
some white, some skinny,
some wide
you can still be friends.
Learn from whatever mistakes
you make,
you should learn good things
from one another.
Stop judging.
It really doesn't matter what
kind of name you have,
we are humans one and all.
Always treat people
respectfully.
We all have feelings you know.
Always let people join in,
let them belong,
don't make them feel alone.
At the end,
we really are Hartley's one big
family!!!

Pupils from 4P, Hartley Primary School, E6.

Colour-me-in Wordfit

3 letters

END
INK
KID
NIB
OFF
OWN
TEA
TEN
TWO
WET

4 letters

BLUE
BROW
CALF
EWER
IDLE
LEEK
OBOE
OSLO
OVEN
VEIN
WEEK

I	C	E	■					■		■
	■				■					■
			■					■		■
■		■					■			
				■		■	■		■	
■		■				■				

FIVE PAGES OF ACTIVITIES **MOSTLY FREE, ALL FUN**

WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE...

1. **Song and movement class** – singing, dancing and goofing around for under 5s. Mon, 10.15-11am, at Corner Kitchen, 58 Woodgrange Road, E7.

2. **Painting for pleasure and leisure** – for the over 50s with time to spare and a desire to paint at the Well Community Centre, East Ham, 1.30-3pm, Tuesdays, £2.

3. **Tea dance** – come for a chat, drink tea, eat cake and make friends at St Mark's Community Centre, Beckton, 1-3pm, Wednesday 18 May.

PHOTO EXHIBITION

Students from NewVIc college in Plaistow, will be showing off their community photography collection at Plaistow Library, in North Street, until 13 May.

TRY SOMETHING NEW... HATHA YOGA

Bring your own mat so you can try out all those postures in a 90-minute class at the Jack Cornwell Community Centre, Manor Park. Every Friday, 10.45-12.15pm, £3. 18+

Indicates free sessions

Libraries unless stated

UNDER-FIVES

Toy Library
Introducing toddlers to borrowing toys. Thurs, 11-12noon, Beckton

Storytelling
Mon 11-11.45am, Tues 10.30-11.30am, Beckton; Tues 10.30-11.30am, Thurs 2-3pm, Plaistow; Sat 11.30am-1pm, Green St; Tues, 10.45-11.30am, Canning Town; Tues, 10.30-11.30am, Thurs 9.45-10.45am, East Ham; Tues 11am-12noon, Fri 11am-12noon, Stratford; Fri, 10.30-11.30am, Manor Park; Mon, 10.30-11.30am, Custom House; Tues, 10.30-11.15am, The Gate

Stay and Play
Support for parents and carers to develop their child through play. Tues, 9.30-11.30am, Jeyes C.C; Thurs, 1.30-3.30pm, Jack Cornwell C.C; Weds, 10-am-12noon, Sat, 11am-1pm, Stratford; Mon, Tues, 11am-12noon, Weds, 11am-1pm, Sat, 12noon-1pm, Green St

Jiggaree Session (term time)
Fri, 10-11am, Plaistow

Reading Together
Thurs, 2.30-3pm, Custom House

Rhyme Time
Mon, 2.45-3.30pm; Tues, 10.30 –11.15am, North Woolwich

Bumps and Babies
Fri, 1.30-3.30pm, The Gate; Mon, 1-3pm, Beckton Globe

YOUNG PEOPLE

Games Club (7-16yrs)
Sony PS3, XBox360, Nintendo Wii, board games and more. Thurs, 4-6pm, Plaistow; Tues, 3.30-5.30pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town; 5-7pm, Beckton Globe (5-12yrs); Fri, 5-7.30pm, Green St

Froud Young Project (7-16yrs) Activities for young people. Mon, 3.30-5.30pm, Jack Cornwell C.C

Arts and Craft Workshop (5-12yrs) Tues, 4-6pm, Plaistow; Sat, 2-3pm, Canning Town; Sat, 2-3pm, Custom House; Sat, 2-3pm, North Woolwich; Weds, 5.30-7.30pm, East Ham; Thurs, 6-7.30pm, Manor Park; Mon, 4.45-5.45pm, Beckton Globe

Young Readers Club (7-12yrs) Read and discuss your favourite books. Tues, 4-5.15pm, North Woolwich

East Ham Youth Zone Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

Kids Dance Sat, 5.30-7pm, Green St

Family Movie Club Free films for all the family. Fri, 5.30-7pm, Manor Park; Sat, 4-5.30pm, Green St

Time-2-Craft (16+) Sat, 10-12noon, Stratford (term-time)

Homework Club Fri, 4-5pm, Beckton; Fri, 4-6pm, Canning Town; Fri, 4-5.30pm, East Ham; Sat, 2-3.30pm, Manor Park; Mon, 3.30-4.30pm, North Woolwich; Mon, 3.30-5pm, Plaistow Library; Mon, 4-6pm, Stratford; Sat, 10.30-12.30pm, The Gate; Sat, 2-3.30pm, Green St

Film Club (16+) Thurs, 1-3.30pm, North Woolwich

Children's movie club (5+) Thurs, 4-7pm, North Woolwich Tues, Sat, 4.30-6.30pm, Manor Park

Board Games Club Tues, 4-5pm, Sun, 1.30-2.30pm, Stratford; Wed, 6-7.30pm, Manor Park; Sat, 11am-12noon, North Woolwich; Fri, 5.30pm-6.30pm, Beckton; Tues, 4.30-5.30pm, Green St

Young People's Positive Activities (9-19yrs) Weds, Fri, 7-9pm, Harold Road Centre; Weds, Thurs, 5.30-8.30pm, Katherine Road C.C.

Elevated Aspirations Young 'N' Gifted Choir. All young people are welcome to join. Weds, 6.30-9pm, Stratford, email shaka@youngngifted.org or call 07956 436 743

Family Film Night Sat, 5.30-7.30pm, East Ham

Crafty Challenges Fri, 5:30-6.15pm. All ages welcome, East Ham

Karaoke Night Mon, Fortnightly, 6-7.30pm Beckton Globe Youth Zone

1st Stratford Brownies (7-10 yrs) Girls only children's group. Weds, 6:00-7:30pm, Play Sow and Grow, 6 Gay Road, Stratford, E15 2RN, £20 per term (10 weeks). Email guidinginstratford@outlook.com

East Ham Performing Arts Fri, 6.30-7:30. All ages welcome, East Ham

Arts and Crafts Workshop (5-12yrs) Mon, 4-5pm; Fri, 4-5pm; Sat, 1-2pm, Green St.

Handwriting Practice Tues, 4-5pm, Green St

Cartoon Club Mon, 3.15-4pm, Weds, 4-5pm, Green St

ACTIVITIES AND SUPPORT

Afternoon tea Weds, 4-5.30pm, Canning Town

Chess Club Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Weds, 5.30-7.30pm, Green St; Thurs, 5.30-7.30pm, Stratford; Tues, 5.30-7.30pm, The Gate

Coffee Mornings Tues, 11.30-1pm, Beckton; Mon 11-12.30pm, North Woolwich; Thurs, 10.45-12noon, Canning Town; Tues, 11-12.30pm, Custom House; Tues, 10 May, 10.30-12noon, Manor Park; Weds, 18 May, 10-12noon, East Ham; Thurs, 12 May, 10-12noon, Stratford; Tues, 17 May, 10.30-12noon, Plaistow

Do It Online (18yrs+) Six-week or eight-week basic computer training. Advance booking required, contact library directly. Tues, 10am-12noon, East Ham; Weds, 2-4pm, Stratford; Tues, Thurs, 11am-1pm, Green St; Tues, 10am-12noon, Katherine Road C.C; Tues, 2-3.30pm, North Woolwich; Weds, 2-3.30pm, Beckton Globe

Knit & Natter (16yrs+) Weds, 10am-12noon, Beckton; Fri, 10.45-12noon, Canning Town; Fri, 10am-12noon, East Ham; Tues, 10.30am-12.30pm, Manor Park; Fri, 10am-12pm, Plaistow

ICT Surgery IT advice for all ages. Fri, 2-4pm, Canning Town

ICT Drop-in Session Set up a My Newham profile and create an email account. Fri, 11am-1pm, The Gate; 10.30am-12.30pm, Green St; Weds, 10.30-12noon, Stratford

Deafroots Deaf Club Including quizzes, prizes, refreshments. Mon, 1.30-3.30pm, Stratford. New members £2, existing members £1. Email angel@deafroots.org.uk or text on 07985 242 778.

Adult Reading Groups Thurs, 19 May, 6.30-7.30pm. Email easthamreaders@gmail.com for current book and more information

Life in the UK Classes 12-week course. Contact 020 8542 3904. Weds, 10am-12noon, East Ham; Weds 12.30-2.30pm, Fri 10am-12noon, Plaistow; Fri, 12.30-2.30pm, Green St; Tues, 12noon-2pm, Stratford

ESOL for Beginners Tues, Fri, 1-3pm, Plaistow; Tues, Fri, 9.30am-12.30pm, Jack Cornwell C.C; Weds, Thurs, 9.30am-2pm, Katherine Road C.C; Mon and Weds, 9.30am-3pm, Beckton C.C. Call 020 8522 5772 to enrol.

ESOL for Absolute Beginners Weds, 9.30am-2pm, Katherine Road C.C

Safer Neighbourhood Drop-in Weds, 10am-11am, Stratford

Sewing Class Weds, 10am-12noon, Beckton C.C. £2 per session.

Ballroom Dancing (18yrs+) Tues, 2-3pm, Beckton C.C; Thurs, 2.30-4pm, Field C.C

Citizens Advice Sessions Advice sessions on money management, energy saving and debt. Appointment only. Mon, 11am-1pm, Manor Park

Introduction to Newham Online Course More than 500 free courses. Sat, 11am-12.30pm, Manor Park

Basic Computer Skills Fri, 10.30am-12.30pm, Manor Park

My Newham Workshop Register with My Newham and access council services. Tues, 6-7.30pm, Manor Park

English Conversation Club Practise your spoken English. Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park; Thurs, 3-4pm, Rabbits Road Institute, E12 5JY

Stratford London Toastmasters Public speaking & leadership club. 1st and 3rd Monday of each month, 6-8pm, Stratford

Embroidery Group Thurs, 10.30am-12.30pm, Manor Park

International Lunch Club Cost £3 per meal. First come, first served. Mon, 12noon, Beckton C.C.

Docklands Drop-In Group Weds, 1-3pm, Beckton C.C.

Chai and Chat Women Group (18+) For women who use the mental health service only. Weds, 10.30-12.30pm, Plaistow

BPCA Day Care Centre
For people with multiple disabilities. Mon-Fri, 9am-4pm, Beckton C.C.

Workplace Drop-ins
Discuss job vacancies training etc. Weds, 18 May, 2-4pm, Stratford, email:rehana.b@newham.gov.uk

Employment Support Session Last Weds of every month, 5.30-7.30pm East Ham

Creative Writing
Thurs, 12 May, 6.30-8pm, Beckton Globe

Get Connected
Bring your own device. Weds, 1-2pm, Green St

English Conversation Club Mon, 6-7.30pm, Manor Park; Weds, 10.30-11.30am, Manor Park; Thurs, 3-4pm, Rabbits Road Institute; Mon, 11-12noon, East Ham; Weds, 10.30-11.30am, Beckton Globe; Sat, 10-12noon, Stratford; Mon, 10-11am, Plaistow

Model Train Workshop
Mon, 12.30-3.30pm, North Woolwich

CYANA
Cancer You Are Not Alone, drop-in advice session. Thurs, 26 May, 3-5pm, The Gate

Oral Health Drop-in Thurs, 2 June, 3-5pm, The Gate

Gamers Group
For adults with Asperger's Syndrome (AS) and High Functioning Autism (HFA). Thurs, 26 May 1-3pm, Plaistow

Martial Arts (6-12yrs)
£2. Tues, 6.45-7.45pm; Thurs, 4.45-5.45pm, Beckton Globe

Table Top Sale
£5 per table. 28 May, 9am-2pm, Jack Cornwell C.C.

UEL Drop-in Tues, 7 June, 10.30-12.30noon, The Gate

Basic English for Beginners Mon, Weds and Thurs, 10.30-11.30am, Green St

English Conversation Club
Mon, 11-12noon, East Ham; Weds, 10.30-11.30am, Beckton Globe; Sat, 10-12noon, Stratford; Mon, 10-11am, Plaistow

COMMUNITY ACTIVITIES

Mums2be Meetup
Information and support for expectant parents. 3rd Sat of every month, 10-11am. Email newham@nct.org.uk

Mums, Bumps and Babies
Fri in various cafes around Newham. Visit www.netmums.com or email jojostevie@live.com

Junior Volunteer Police Cadets (10-12 yrs, term time)
Weds, 3.30-5pm, Little Ilford School, Browning Rd, E12, £1.

Senior Volunteer Police Cadets (13-17 yrs) Weds, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881 378

Newham Super Choir
Tues, 10.30-12noon, Beckton C.C, free for all ages.

BOXING AND SELF DEFENCE

Boxing (Newham College)
Mon, 5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing
Mon to Fri, 4-5pm 10-14yrs; Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

West Ham Boys ABC
Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12noon, £2. 2 London Rd, E13. Call 020 8472 3614

Boxing and Self Defence (16+) Tues, 5.15-6.15am, Jack Cornwell C.C

HEALTH AND FITNESS

Salsa Dancing (18yrs+)
Mon, 3.15-4.45pm, Beckton C.C; Tues, 11.45am-12.45pm, Field C.C

Nordic Walking
Weds, 9.15-10.30am. Meet at Field C.C. Not suitable for wheelchairs.

Tai Chi Class
Fri, 10-11am, Beckton C. C. Fri, 11am-12pm, The Gate

Yoga
Cost £7.50 for 10 weeks, for 50+. Mon, 10-11.30am, Beckton C.C. TT; Mon, 6-7.30pm, Green St, £1. Thurs, 6-7.45pm, Plaistow; Thurs, 6.15-7.45pm, The Gate; Sat, 10am-12noon, Plaistow (£1 per session)

Tone-Tastic
18+ Mon, 2-3pm, Weds, 9.30-10.30am, Field C.C.

Aerobics
Tue, 9.30-10.30am, Jack Cornwell C. C £2

Keep Fit to Salsa (18+)
Tues, 11.45am-12.45pm, Field C.C; Mon, 3.15-4.45pm, Beckton C.C.

Zumba
UnityZumba. All 8-9pm. Mon, Lister Room, East Ham Town Hall; Tues, St Mark's Community Centre, Tollgate Road, Beckton; Weds, Lister Room, East Ham Town Hall; Thurs, St Mark's Community Centre, Tollgate Road, Beckton. All sessions £5. Book at 07886 884573 or at info@ufdance.co.uk

Bollywood Exercise Class (14+) Sat, 11am-12noon, Katherine Road C.C.

Slimming World Mon, 5.30-9pm, Beckton C.C. £5

50+ ACTIVITIES

Bingo (50+yrs)
Mon, 12-1pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C; Thurs, 7-9pm, Jack Cornwell C.C

ICCAN
Faith based group with cultural activities. Fri, 12-2pm, Jeyes C.C

Active Centre 50+ Group
Weds, 12noon-4pm, Field C.C; Mon, Wed, Fri, 1.30-4pm, Beckton C. C.

Dominos Group
Fri, 6-10pm, Field C.C

Chair Based Yoga
Tues, 12.30-1.30pm, Manor Park

Forever Young
Enjoy community activities and make new friends. Weds, 11am-1pm, Beckton; Weds, 10.30am-12.30pm, Field C.C.

Pilates Classes
Tues, 9.30-10.30am, Field C.C

Happy Living Club
Indoor and outdoor activities. Tues, 1.30-5.30pm, Jeyes C.C

Holiday Spanish Club
Weds, 12.30-1.30pm, Manor Park

Walking Football
Tues, 10-11am, Priory Park E6 1QH. Email mark.blythe@bonnydowns.org or call 020 8586 7070.

Age UK East London Nordic Walks (18+)
Mon, 10.30-11.30am, meet at Hackney Marshes Centre, Homerton Road, E9. Call 07989 938 242

Steel Pan Music Therapy
For people with learning and physical disabilities, dementia and stroke. Fri, 12-2pm, Beckton C.C

Zumba & Indian Dance
Designed for 50+ but all ages welcome. Fri, 12noon-1pm, Jeyes C.C.

Get Active, Get Healthy, and Exercises for Fitness
Thurs, 10.30-11.30am, Manor Park Library

Line Dancing
Weds, 12.15-1.15pm, £2.50, Well Community Centre, East Ham

Get Active, Get Healthy – Walk to the park Mon, 10.30-11.30am, Manor Park Library

Backsercise Tues, 6-7pm, The Gate

Drop-in Embroidery Class Mon, 11am-1pm, East Ham

Active Centre 50+ Group £1.50 fee to cover cost of refreshments. Weds, 20, Apr, 1-3pm, St Mark's C.C

Get Active Get Healthy, Yoga For men and women aged 50+. Fri, 12noon-1pm, until 10 June, Jeyes C.C.

Get Active Get Healthy, Salsa For men and women aged 50+. Weds, 6.30-7.30pm, until 29 June, New City Outreach Centre

Get Active Get Healthy, Zumba/Salsa For men and women aged 50+. Thurs, 10-11am, until 29 Sep, Barking Road Community Centre.

Get Active Get Healthy, Line Dancing and Folk Dance For men and women aged 50+. Thurs, 11-12noon, until 29 Sep, Barking Road Community Centre.

GREEN

Green Gym Weds, 10am-1pm, and last Sat of month, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973 156

Green Volunteering Tues and Thurs, 10am-2pm. Silvertown Wy, E16 (opp. Hallsville Rd)

Garden Club Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

Gardening Thymes Gardening Club Fri, 11am-1pm, Bowling Green,Central Park, High St South, E6

Grow Together Be Together Community Gardening Club Weds, 10am-1pm. Sat, 1pm-3pm, Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

Caravanserai Garden Volunteering Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863 384

Community Gardening Tues, 10am-12pm, Beckton C.C; Tues, 4-6pm, St Johns Green Community Garden

DOORSTEP CLUBS

Call 0300 124 0123. unless otherwise stated.

Athletics Club (14yrs+) A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394 756

Gym & Basketball (14yrs+) Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

FEMALE SPORTS

Basketball Sessions Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Dare2Dance (12-16yrs) Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

Female Boxfit (14yrs+) Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526

Girls Football (11-16yrs) Tues, 4-5.30pm, Thurs, 5-6pm, Newham Leisure Centre. Fri, 5-7pm. Term time only. Memorial Park, E15

Girls Group Cycling (11-15 yrs) Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

Just Play (14yrs+) Weds, 6.30-8pm, multi-sports (term time). Cumberland School, E13. Call 0300 124 0123

Modern Arnis Martial Arts (16yrs+) Tues, 5.15-6.15pm, Jack Cornwell C.C. Ring 07473 030 250

Female Only Gym Sessions Mon, 3-4pm, 16-25yrs. Mon and Weds, 7.30-10.30pm. Tues and Thurs, 12noon-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

Get Back into Netball Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £2. Lister Community School, E13. Call 07717 281 529

Abs Blast (11-15yrs) Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

Female Only Zumba Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292 902; Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Road, E16 2DE. £2.50

Fun Female Fitness (14yrs+) Weds, 5-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Netball (14yrs+) Mon, 5-6pm, Newham College, East Ham Campus, E6 6ER. £1 for non-Newham College students. Email: sports@newham.ac.uk

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs) Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13

Athletics (8-18yrs) Tues, 4.15-6.15pm, Brampton Manor, Roman Rd, E6. Thurs, 4.30-5.55pm, St Angela's Ursuline School, E7. Email cnourrice@englandathletics.org

Get Fit for Free Tues, 1.30-3.30pm and Fri, 10am-12noon. Gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

Sensory Play (U5yrs) Weds, (term time) 1.30pm-3pm, Oliver Thomas Children's Centre, Mathews Ave, E6. Email Naomi.ferron@oliverthomas.newham.sch.uk or call 020 8821 0997

Swim for Families Dealing with Autism Weds, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

Family Swims Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

RUNNING

Beckton Park Run Sat, 9am, Beckton Park South, E16. Call 07718 394 756 www.parkrun.org/beckton

Run England £2 unless stated. Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Weds, 12noon-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion). Sat, 10-11.30am, Memorial Park, E15, £4 (meet at cark park). Call 07718 394 874.

East End Road Runners Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261 647.

SPORTS

Fencing with Newham Swords Tues, 6-9pm, Thurs, 6-9pm, Fri, 7-10pm. Classes for adults (18+), and mini-pirates (4-7yrs). UEL SportsDock Call 07956 618 898

Cricket (14yrs+) Tues, 6-8pm, Newham Sixth Form College, E13. Call Ratheesh on 07476 269 226

Lister Table Tennis Satellite Club (11-25yrs)
Weds, 6.30-8pm, Newham Sixth Form College, E13. £1. For information call Shiri on 07888 830 179

Indoor Cricket (8-16yrs)
Weds, 6-8pm, £2, Lister Community School, E13, email michelle.daniel@activeNewham.org.uk

Black Arrows Badminton Club
Adults: Fri, 7-9pm, Juniors: Sat, 10am-12noon, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037 173

Newham and Essex Beagles Athletics Club
Mon and Weds, 6-9pm. Foundation groups (8-10yrs). Mon, 7-8pm and Weds, 6-7pm, £5. Terence McMillan Stadium, Newham Leisure Centre, E13. www.newhamandessexbeagles.co.uk

BMX (6-16yrs)
Sun, 10am-12noon, £3. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333 615

Mini Tennis Courses (4-16yrs) *Tues: 4-5pm, 5-6pm, East Ham Leisure Centre, 324 Barking Road, London, E6 2RT. Thurs: 4.30-5.30pm, 5.30-6.30pm, 6.30-7.30pm, Newham Leisure Centre, 281 Prince Regent Lane, London, E13 8SD. Sat: 4-5pm, 5-6pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sun: 12-1pm, 1-2pm, Stratford Park (tennis courts), West Ham Lane, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741 293 513*

Adult Tennis (16+) *Sat: 9-10am, 10-11am, 11-12pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sun: 9-10am, 10-11am, 11-12pm, Stratford Park (tennis courts), West Ham Lane, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741 293 513*

Table Tennis (14yrs)
Thurs, 4.40-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Volleyball with Newham College (14yrs+)
Thurs, 5.30-7pm, East Ham Leisure Centre
Email: sports@newham.ac.uk

FOOTBALL

AIR Football (16yrs+)
Tues, 1-3pm, Fri, 10am-12noon, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

Football and Athletics
Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

Football & Multi Sports
Mon, 4-5.30pm, Newham Leisure Centre, E13.
Weds, 5-6pm, Stratford MUGA, West Ham Ln, E15

Mayor's Football League
U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

Premier League (16yrs+)
6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

WHU Kicks
Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat 10.30am-12noon, Newham Leisure Centre, E13

Ascension Football
Sat, 10-11.30am, £3. Reception to 11yrs. King George V Park, King George Ave, E16. Call 07806 584 925

BASKETBALL

Basketball & Multi Sports
Fri, 5-6.30pm, 8-19yrs, Snowshill MUGA, Snowshill Rd, E12

Basketball Sessions
Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

National League
Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16. Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

NCFE Sports – Basketball
Thurs, 5-7pm, East Ham Leisure Centre. To register email sports@newham.ac.uk or call 020 8257 4255

Senior Programme
Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401 616

Basketball (14yrs+)
Tues, 5.30-6.30pm, Forest Gate Community School, E7 9BB. Email: sports@newham.ac.uk

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated.

Weds, 11 May, 7pm, *Health and Wellbeing Board*
Thurs, 12 May, 9am, *Mayoral Proceedings*
Thurs, 19 May, 6.30pm, *Council*
7.30pm, *Annual General Meeting, Old Town Hall, Stratford.*

CONTACT THE MAYOR

Here to Help sessions
Please register for surgery in the 30 minutes before the surgery starts.
Thurs, 12 May, 11am, *Canning Town Library, 105A Barking Road, London, E16 4HQ*
Tues, 17 May, 5pm *The Gate, 4-20 Woodgrange Road, Forest Gate, E7 0QH*

Telephone Surgery
Weds, 11 May. *Please call 020 8430 2000 between 10-11am.*

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe *1 Kingsford Wy, E6*
Canning Town *Barking Rd, E16*
Custom House *Prince Regent Ln, E16*
East Ham *328 Barking Rd, E6*
Green Street *337-341 Green St, E13*
The Gate *6-8 Woodgrange Rd, E7*
Manor Park *685-691 Romford Rd, E12*
North Woolwich *5 Pier Parade, E16*
Plaistow *North St, E13*
Stratford *3 The Grove, E15*
Archives and Local Studies *020 3373 6881*
Community Outreach *020 337 30813*
Church of God *37 Manor Park Road, E12, 020 8911 9494*
The International Quarter Marketing Suite *Celebration Avenue, E20 1DB*

LEISURE & SPORTS VENUES

Balaam Leisure Centre *14 Balaam St, E13*
East Ham Leisure Centre *324 Barking Rd, E6*
Newham Leisure Centre *281 Prince Regent Ln, E13*
NewVic *Prince Regent Ln, E13*
UEL SportsDock *Docklands Campus, University Wy, E16*
West Ham United Football Club *Boleyn Ground, E13 9AZ*

COMMUNITY CENTRES (C.C)

Beckton Community Centre *14 Manor Wy, E6, 020 7511 1214*
East Ham Market Hall *Myrtle Road, London E6 1HY, 01708 740 092*
Field Community Centre *147 Station Rd, E7 020 8536 2800*
Grassroots Centre *Memorial Park, Memorial Ave, E15, 020 3373 0650*
The Hub *123 Star Ln, E16 020 3373 0750*
Jack Cornwell Community Centre *Jack Cornwell St, E12 020 8553 3459*
Jeyes Community Centre *1 James Cl, E13, 020 3373 2205*
Katherine Rd Community Centre *254 Katherine Rd, E7, 020 8548 9825*
St Mark's Community Centre *218 Tollgate Rd, E6, 020 7474 1687*
Vicarage Ln Community Centre *Govier Cl, E15, 020 8519 0235*
Harold Road Centre *170 Harold Road, E13 0SE, 020 8472 2805*
Queens Market *Green Street,E13*
Rabbits Road Institute *835 Romford Rd, London E12 5JY*
Royal Docks Learning Activity Centre *Albert Road, North Woolwich, London E16 2JB*
St John's Green Community Garden *Albert Road North Woolwich London E16 2JB*

All listings may be subject to change. Please contact individual events and activities before attending.

What's on in Newham

Download the free app

From reading groups to Tai Chi, CV writing to children's films, there's something for everyone in Newham's Community Neighbourhoods.

- Get the latest Newham events and activities information delivered to your phone or tablet
- Available free from Apple App Store and Android Google Play Store

Visit **www.newham.gov.uk/communityevents**

Newham London

Newham London

Newham provide weekly rubbish collections

Please use your bins

Keep Newham Clean

www.newham.gov.uk/clean